SELF ADVOCACY
at work
Hi, I'm Drue!

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❤️ Dog mom to a rescued border collie

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what we’ll talk about...

° My story of self-advocacy
° The Spoon Theory
° Jungle Gyms
° Applying all of this at work
self advocacy is all about representing your experiences and interests at work. That means figuring out how to show up at your best for your team and your company.
How I thrive at work with bipolar disorder
The spoon theory is a metaphor describing the amount of physical and/or mental energy that a person has available for daily activities and tasks, and how it can become limited.

Coined in 2003 by Christine Miserandino
Jungle Gyms

We're all climbing the same playground, but that doesn't mean it's the same experience.

TL;DR? Don't "easy" someone's "hard". (Even for yourself...)
Powerful tips to help you thrive in your career
Be open
Prepare ahead
Communicate clearly

Prioritize wisely
Find systems that work
Focus on wellness
How do you have these tricky conversations successfully?

Show up prepared for the conversation
Stay calm and level-headed
Request that HR be present (if you want!)
Remain focused on the end goal: "how can I do my job best?"
“You are responsible to yourself, to love yourself, to care for yourself, and to help yourself.”

- Akiroq Brost
Don't sweat the small stuff

You're going to be just fine.